

All racing and training on Saturday 14th November is cancelled due to the weather.

Rowing this week

W/J16 & above – see training programme.

W/J15 – see below

W/J14 – see below

<i>Group</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>
W/J15	pm –training from the boathouse ergo & run		am – outing on the water pm - Circuits in the squash courts		pm - Cross training in the Sports Hall	
W/J14			pm - Circuits in the squash courts		pm - Cross training in the Sports Hall	am – outing (this week with JB as other coaches are at Pangbourne)

Hampton Small Boats Head

This event replaces Pangbourne Sculls. It is on our event calendar. Entries are on the website. They are as similar to Pangbourne as the events at Hampton allow. If there is a problem, please let me know urgently so we do not lose any money on entries we cannot race.

Wycliffe Small Boats Head

Our last event of 2009 now has provisional crews on the website. Any problems to me please. For those younger members who have not been selected for this event, do not be disheartened. I intend that all of the W/J14 squad will race their first race before Easter, with further races to follow.

Training Camp 2010

We now intend to train at Wycliffe for our 2010 Training Camp, travelling to Wycliffe by two minibuses on each day (no overnight stays). There are several reasons for this choice of venue:

- Miles of still water are ideal for preparation to race on the lakes which hold the National events.
- We can “commute” to the venue which allows me to keep the price down.
- Wycliffe College (our hosts) are keen to arrange side by side training with their own crews, adding some extra spice!

I would like to offer the W/J14s the opportunity for some invaluable preparation for the Summer racing season on the still water at Wycliffe as well as the senior group who typically attend the training camp. Assuming sufficient members are able to attend, the dates of 8th & 9th April are reserved for the W/J14 squad.

W/J15s and above will have the 5th, 6th and 7th reserved for their Summer preparations.

I estimated the cost at £25 per person per day. This will cover transport, the boating fee at Wycliffe and a training camp t-shirt (a packed lunch would be needed for each day, there are no catering facilities on site). It will not be possible to attend just one of the days for your squad as this has a huge impact upon continuity. The payment would be due around the February half term.

Thank you to those parents/athletes I have already heard from. Can I ask all remaining parents/students to confirm whether or not they are able to attend on the respective days by reply to this email.

Regards

DC